

# THE Spacemaker

## NEWSLETTER

VOL. 1, No. 5

McClellan Air Force Base, CALIF. (<http://www.mcclellan.af.mil/PA/spacemaker.html>)

FEB. 10, 2000

### TAKE NOTE

#### Blood drive

A blood drive is set for Friday, 7:30-11 a.m., Bldg. 686 break room. Eat and drink plenty of fluids before donating, and bring a photo ID. For more information or to make an appointment, contact Senior Airman Mike Fischer at 643-3744 or Senior Airman Benji Crum at 643-3754.

#### Pedestrian gate closed

Due to concerns of unauthorized persons entering the Blackfoot Pedestrian Gate, the gate will be permanently closed Friday evening.

Direct questions to the law enforcement operations at 643-3839.

#### Awards banquet

The final annual awards banquet is set for Feb. 17, 6 p.m., at the McClellan Community Center. For tickets call your order room. Cost is \$17 a ticket.

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**"Completing the mission of  
McClellan Air Force Base  
with professionalism and  
honor"**

## NCO takes "STEP" in right direction

□ McClellan sergeant gets early promotion to master

By Alica Doyle  
Public Affairs

"It didn't really hit me until everyone started yelling, and I realized I was the only one still standing up," said Master Sgt. Jeffrey Skinner, 77th Mission Support Squadron, of the moment he found out he was McClellan's newest senior noncommissioned officer.

Skinner was presented his "one-up" by Brig. Gen. Michael Wiedemer, commander of the Sacramento Air Logistics Center, at the end of the monthly enlisted promotion ceremony Feb. 1. Under the Stripes for Exceptional Performers program, Skinner had been nominated for immediate promotion in recognition of his outstanding duty performance, leadership and contributions to the Air Force and his community.

Command Chief Master Sgt. Len Czepiel commented on Skinner's promotion, "His performance has been phenomenal; surpassing our expectations. We saw a senior NCO at work—the extra stripe just completed the sight picture."

Skinner entered the Air Force in 1981 as a munitions specialist. His honors in that career field included promotion below-the-zone to senior airman, numerous outstanding performer awards, and 3rd Air Force and United States Air Forces in Europe Munitions Technician of the Year.

He cross-trained into the personnel field in 1998 and was assigned to McClellan. Here, he has been a positive force both on base and in the community.

Skinner currently serves as noncommissioned officer in charge of the Personnel Re-



U.S. Air Force photo by Senior Airman Maxine Reyes

New Master Sgt. Jeffrey Skinner's wife, Brigette, tacks on his "one up."

locations Section of the Military Personnel Flight. He supervises three outbound assignment counselors, and schedules permanent-change-of-station briefings. He is also the base's only passport agent.

Skinner plays and coaches several sports on and off base, and is involved in Warehouse Christian Ministries. In an environment where teamwork is critical, Skinner is credited with being an invaluable asset.

"Jeff Skinner's selection for STEP was the perfect way to recognize a true professional. He has been an outstanding performer at every stop in his career. He is exactly the kind of person this program was designed for," said Capt. Kevin Brooks, military personnel flight chief.

As McClellan congratulates Skinner on his promotion, the significance of his rank has already taken hold.

"Throughout my career I have continually challenged myself to be the best example to others I possibly can," said Skinner. "As a senior NCO this challenge will not change. I will continue to use the talents God has given me, and look forward to the new responsibilities that have been bestowed upon me."

## General urges proper handling of materials

Base closure is more than just packing stuff in boxes and moving on. It's about preserving the rich history McClellan has built over the last six decades. And, with your help, each of us can take pride in knowing we've helped to achieve that goal. As draw down continues, it's critical for each and every one of us to ensure the proper and safe disposal of all property and waste. This includes anything from pencils and chairs to paint and other chemicals. If you have any doubt about how something should be disposed of, contact your building manager or refer to the list of helpful phone numbers. Make sure you know if items should be recycled or need special handling well in advance of

your building's closure date. If we do it right the first time, we can all be proud of the legacy we leave behind.

Thank you Team McClellan for your professionalism and honor. For additional guidance, refer to hazardous materials note on Page 5.

—Brig Gen. Michael P. Wiedemer  
**SM-ALC commander**

### HELPFUL PHONE NUMBERS

- Hazardous material disposal  
643-5528 or 925-2935
- Defense Reutilization and  
Marketing Office 643-4151/5098

## UC Davis picks up MNRC

The University of California at Davis is now the owner of the McClellan Nuclear Radiation Center. The transfer became effective Feb. 1.

The center first opened at McClellan in 1990. Its purpose was to expand McClellan's nondestructive inspection capabilities. The MNRC consists of a two-megawatt nuclear reactor that serves as the radiation source for the facility's large robotic radiography systems. The transfer became effective last Tuesday.

The University plans to use the nuclear radiation center to aid in performing educational research. Topics of possible research include biomedical research (boron neutron capture therapy, radiopharmaceuticals, biochemistry), neutron activation analysis (archeology and anthropology, geochemistry), environmental research and nuclear engineering. (SM-ALC Public Affairs)

## New vice commander slated for command

Lt. Gen. Charles H. Coolidge, left, is congratulated by Lt. Gen. Stewart E. Cranston, Jr. Coolidge will assume vice commander duties for the Air Force Materiel Command. Cranston, who has served as vice commander since December 1997, will retire in a formal ceremony Monday, 9 a.m. at the United States Air Force Museum, Wright-Patterson Air Force Base. Coolidge comes to AFMC from an assignment as director of operations and logistics, U.S. Transportation Command, Scott Air Force Base, Ill. He graduated from the U.S. Air Force Academy in Colorado Springs, Colo., in 1968 and has served in a variety of operations and staff positions throughout his career. In operations, he served as a flight commander, operations officer, squadron commander, wing vice commander and wing commander. He has commanded three Air Force wings and served on the staffs of two major commands. (Information provided by Air Force Materiel Command News Service.)



U.S. Air Force photo

## SPACEMAKER

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### SPACEMAKER

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### Air Force Vision

"Air Force people building the world's most respected air and space force ... global power and reach for America"

### Air Force Materiel Command Vision

"Quality Systems for America's Air Force"

### Sacramento Air Logistics Center Vision

"Completing the mission of McClellan AFB with professionalism and honor"

## 12 senior airman graduate ALS

Congratulations to Airman Leadership School Class 00-B. The following senior airmen graduated in a ceremony held Feb. 4.

### **John L. Levitow Award**

*For overall achievement*

-- Ami Petrossi, 364th Recruiting Squadron

### **Academic Achievement Award**

-- Derek J. Plymate, 77th Mission Support Squadron

### **Leadership Award**

-- Teri L. Soto, 77th Medical Group

-- Mary K. Bordon, 652nd Combat Logistics Support Squadron

-- Joshua P. Charles, 938th Engineering Installation Squadron

-- Anna K. Chow, 652nd CLSS

-- Sean M. Elliott, 77th Security Forces Squadron

-- Marcus Gainey, 77th SFS

-- Reginald O. McBride, 652nd CLSS

-- Henrick J. Rice, 938th EIS

-- Frank Teniente, 77th MSS

-- Dwayne E. Turner, 77th MSS

## McClellanites put on new stripes

In a ceremony held Feb. 1, McClellan's newest promotees were announced:

### **To master sergeant**

-- Mark D. Cecchetti, 938th EIS

-- Jeffrey M. Skinner, 77th MSS (STEP)

### **To technical sergeant**

-- Carlos R. Okey, 77th SFS

### **To staff sergeant**

-- Stephanie L. Littlefield, 77th MSS

-- Jonas P. Patterson, 77th MSS

-- Kenneth E. Snyder, Jr., 77th MSS

### **To senior airman**

-- Edward C. Fritz, 77th SFS

-- Larry Johnson, 77th MSS (Below the zone)

### **To airman first class**

-- Todd E. Bingham, 938th EIS

-- Jacob M. Fastner, 77th Communications Squadron

-- Justin W. Heryford, 77th SFS

-- Jamie G. Martin, 77th CS

-- John T. Steele, 77th CS

## Voting information available via Internet

**By Army Staff Sgt. Kathleen T. Rhem**

American Forces Information Service

**WASHINGTON** — Program officials of the Federal Voting Assistance program Web site, <http://www.fvap.ncr.gov/>, have created the "one-stop shop" for the roughly six million potential voters covered under the Uniformed and Overseas Citizens Absentee Voting Act of 1986.

The FVAP is responsible for informing and educating all U.S. citizens worldwide of their right to vote, fostering voter participation and protecting the integrity of the electoral process at the federal, state and local levels. Perhaps the most important thing for people to know about absentee voting is how and why to fill out the Federal Write-In Absentee Ballot, Standard Form 186.

When a Web site visitor clicks on "Learn About Absentee Voting," several links will lead to different information about the postcard-sized form, which isn't available online. Individuals are advised to see their unit voting assistance officer. The site gives guidelines for determining or establishing a legal residence.

Some service members mistakenly believe they may claim any state as their legal residence or that their home of record is automatically their legal residence. Actually, they must meet certain requirements.

For instance, a person must have a physical presence in a state and have intent to remain or return. Residency and other rules are spelled out by clicking on "Learn About Absentee Voting" and then on "Voting Residence for UOCAVA Citizens."

The site further helps unit voting assistance officers by providing information on training, and allowing them to download pamphlets and flyers about the Federal Voting Assistance Program. (AFPN)

### EDITORS NOTE

■ The voting officer for McClellan is Maj. Mark Johnson, 643-0291. For further information, contact Master Sgt. James Bork, 643-3322.

## American Federation of Government Employees bargaining units consolidated

The Federal Labor Relations Authority issued a ruling June 3, 1999 approving the consolidation of American Federation of Government Employees bargaining units at six additional Air Force Materiel Command installations, into the AFMC headquarters-level bargaining unit represented by AFGE Council 214. Affected by this decision are AFGE bargaining units at Arnold, Brooks, Edwards, Eglin, Los Angeles, and Kirtland Air Force Bases.

"With the approval of the consolidation of these six additional bases, the command-wide AFGE bargaining unit now consists of approximately 45,000 represented civilian employees, and is now the single largest bargaining unit in the Department of Defense," said Raymond Rush, the headquarters AFMC labor relations officer. "The FLRA has spoken, and determined that the addi-

tion of these bases under the provisions our Master Labor Agreement with AFGE Council 214, will promote effective dealings between labor and management and will enhance the efficiency of AFMC operations."

Full implementation of the provisions of the MLA occurred Jan. 31, and negotiations have been concluded, which provide for immediate implementation of certain provisions dealing with representational time and the number of training days available for designated union representatives.

"The implementation of the MLA at the newly consolidated activities will present a complex challenge and a substantial cultural change to all parties concerned," Rush said. "Our immediate task is to provide appropriate contract training to supervisors and managers, which we hope to have underway by mid December." (AFMC News Service)

# Love Lines

To Fred of CBD,  
Where's the love?  
-- From Tech Services

To Marcus,  
I love you and I thank God  
for blessing me with such a  
wonderful, loving, sweet, and  
handsome husband. Happy  
Valentine's Day.  
-- Love, your Wife Quiana

Charles,  
Happy Valentine's Day Pal!  
-- Janice, Tabs, Sam, and Max

To Chris,  
Thanks for being my love, for  
making me smile and sharing  
your life. You've made me  
happier than I ever thought  
possible. Will you be my  
Valentine?  
-- I love you, Cathy

Dobbitt,  
I love you with all my heart.  
Yours always!  
Happy Valentine's Day.  
-- Love Dobbitt

DST,  
Thanks for being my partner.  
Thanks for being my friend.  
Always there in a pinch.  
Hope it never ends. -- O

Happy Valentine's Day Spike,  
A kiss from my man may be  
quite special, but loving him is  
my favorite thing!!!! Don't  
need no other!!!! Ben who?  
-- All My Love, Fuzzy

To my John,  
You will forever be in my  
heart. With love, Zuleika. "I  
am my beloved's and my  
beloved is mine..." Song of  
Solomon 6:3.

SMSgt McCoy,  
I believe in Love. I believe that  
Love can win over and win out. I  
believe that Love can go beyond  
troubles to a place of hope. I  
believe that Love can hold two  
people together through the  
storm, and lead them to the  
promise of a brighter day.  
I believe in our Love, in hopeful  
dreams, and in all that is yet to  
be- because I believe in you. You  
are my mentor, friend and soul  
mate I will love you forever!  
-- Barbara

To Mom, Victoria and Sam,  
Thanks for being who you are.  
You're an inspiration to all who  
know you.  
Mom, don't forget, you're the  
wind beneath my wings.  
-- I love you, Cathy

Sheri, my Partner for Life,  
You make loving you so easy. You  
are what love is all about. Happy  
Valentine's Day, today and  
forever. -- Mike

Snuggle-bunny,  
I thank God for the blessings  
that He has given us in each  
other and in our new son.  
Happiness is being with you.  
-- Love Always, Meah

To Big D,  
Happy Valentine's Day  
sweetheart. Thank you for  
always being there  
& loving me "anyway."  
-- Love & Kisses, Bag Lady

To Kyle, Amber, Buzz and  
Buttons,  
The best babies in the whole  
wide world.  
You are in my heart forever!  
-- Love Mama

To my wonderful husband  
Frenchy, You let your love  
flow, which shows in our  
beautiful daughter Darielle.  
Thanks for taking good care  
of us. We love you!  
-- Deanna & Darielle

I would like to wish all the  
women I know and don't  
know a Happy Valentine's  
Day. May you all be treated  
as a Queen. -- Wolf

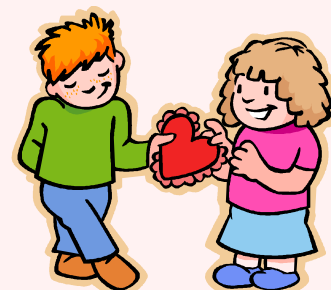
Barbara,  
Thanks for being there for  
me all year. You must be my  
Guardian Angel. -- Love, Ely

JRB - the Rose of my life,  
And now there are eight.  
Let's celebrate with dinner,  
our 33 towards Forever.  
-- DP

## Did you know?

*Hearts -- To a beloved, there is no  
symbol as important as the heart.  
To give someone one's heart means  
to give to him or her one's whole  
being, for the heart is at the  
center of one's existence. The  
heart stands for the most profound  
and noblest of human emotions-  
that of love.*

*Through ages, it has inspired  
millions to rise above the mundane  
cares and to get lost in the  
thought of their beloved. Thus a  
heart, pierced by the cupid's arrow,  
has become the most famous of the  
valentine's symbols.*



**NEWS BRIEFS****Proper disposal of hazardous materials**

Hazardous materials no longer needed by your organization can often be transferred to other base organizations, sold, or re-utilized. These materials could include paints, oils, grease, adhesives, sealants, gas cylinders or other chemicals. If you have excess, unopened containers that are labeled, call the Hazardous Storage Warehouse at 643-5528 or 925-2935. Personnel will be dispatched to your area to prepare the containers for transfer to the Defense Reutilization and Marketing Office. If you have open or unlabeled materials, contact your unit environmental coordinator or environmental management at 643-0228, Ext. 360.

**Undergraduate flying training board**

The next Undergraduate Flying Training selection board will convene at the Air Force Personnel Center April 25 (this selection board will review applications for both pilot and navigator training). Air Force Instruction 36-2205 sets eligibility guidelines, application requirements and responsibilities for UFT. Those officers with a date of birth after Oct. 1, 1970 and a Total Active Federal Commissioned Service Date after Oct. 1, 1995 will be eligible to apply for UFT.

Applicants must submit applications to Staff Sgt. Vanessa Freeman at 77th MSS/DPMAE no later than March 1. All applicants should review the UFT eligibility criteria (AFI 36-2205). Applicants should advise commanders/supervisors providing AF Form 215 comments of the application deadline. Those applicants requiring a new physical exam should schedule the appropriate physical immediately. Applications without complete physical exams will not be processed. All applicants competing for pilot training must also complete the Basic Attributes Test. For more information on application procedures or age and TAFSCD waivers, call Freeman at 643-1093.

**Leadership development program available**

The Air Force received two military quotas for the Department of Defense Executive Leadership Development Program. The ELDP will begin in August. This program is designed specifically for highly motivated officers who have demonstrated outstanding leadership ability, commitment to public service, and integrity; and who have an interest in moving into senior management positions.

These individuals must be able to operate in simulated real-life situations, which involve short deadlines, be receptive to a unique training methodology whereby the participant assumes responsibility for their learning, and have the ability to conceptualize and analyze problems effectively. Military participants contribute a vital perspective on the missions, operations, culture and customs of the military and, in turn, learn from their civilian/military counterparts and senior managers/executives.

These shared experiences enrich both military and civilian participants who are being groomed for further leadership roles.

To be eligible, an officer must be in the grade of major or be a major select and have completed Squadron Officer School and Air Command and Staff College, either in residence or by correspondence/seminar. Those interested must apply to HQ AFPC/DPAPE no later than Feb. 22. Contact your military personnel flight formal training element for additional information.

**DLA gets new phone number**

The new phone number for the Defense Logistics Agency, Bldg. 783L, pick-up and delivery is 643-2492 or 643-2493.

**McCLELLAN  
CRIMEBEAT**

The following incidents were selected directly from the 77th Security Forces Squadron daily police blotters. Compiled by Airman 1st Class Mary La Bouff, 77th Security Forces Squadron.

**Jan. 1**

-- Security forces responded to a report of two subjects engaged in a verbal altercation in Capehart Housing. Prior to the arrival of security forces the verbal altercation had been resolved. A precautionary check of the residence was conducted, all was in order.

**Jan. 4**

-- A civilian employee was detained at the Visitors Reception Center for possession of drug paraphernalia. Commander's action and civil action are pending.

-- The wife of a retired military member was detained for shoplifting at the base exchange. The person was barred from the base exchange for six months.

**Jan. 7**

-- Security forces responded to Bell Gate for a possession of Marijuana. The civilian employee was detained for possession of Marijuana. Commander's action and civil action are pending.

**Jan. 14**

-- The wife of a retired military member was detained for shoplifting at the base exchange. The person was barred from the base exchange for six months.

**Jan. 16**

-- Security forces and the California Highway Patrol responded to Navaho Gate for a suspected driving under the influence. CHP conducted a field sobriety test and took control of the situation because the person was a reservist. Civil action is pending.

**Jan. 20**

-- The wife of a retired military member was detained for shoplifting at the base exchange. The person was barred from the base exchange for six months.

**Jan. 22**

-- The wife of a military member was detained for shoplifting at the base exchange. The person was barred from the base exchange for six months.

**Jan. 27**

-- Security forces and fire department personnel responded to the commissary for a report of a woman suffering from chest pains. Paramedics made contact with the woman and reported that she was suffering from a mild heart attack. The woman was transported to Sutter Hospital by Sacramento County Fire Paramedics.

**Jan. 29**

-- The wife of a retired military member was detained for shoplifting at the base exchange. The person was barred from the base exchange for six months.

**FOCUS CENTER**

*This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact FOCUS Center #1 at 643-5661. FOCUS #1 is open until 7 p.m. Thursdays.*

**Position:** Administrative Support Specialist, GS-301-09

**Annc#:** 00-02-HPRF-08

**Close:** Feb. 14

**Location:** Sacramento, CA

**Agency:** Dept of Justice

**POC:** Susan Gearhart (202) 307-1796

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Budget Technician, GS-561-06

**Annc#:** 24-77-284

**Close:** Feb. 11

**Location:** Sacramento, CA (Position may relocate to Colorado NLT Dec. 2001)

**Agency:** Animal & Plant Health Ins Svc

**POC:** (800) 585-7407

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Budget Clerk, GS-561-06

**Annc#:** 6-77-190-0

**Close:** Feb. 14

**Location:** Sacramento, CA (Position may relocate to Colorado NLT Dec. 2001)

**Agency:** Animal & Plant Health Ins Svc

**POC:** Kevin Westrup (612) 370-2184

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Contract Specialist, GS-1102-05/07/09/11

**Annc#:** CG-00-019-1MW

**Close:** Feb. 14

**Location:** Alameda, CA

**Agency:** Coast Guard

**POC:** (919) 790-2822

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Air Transportation Operations Spec, GS-2150-12 (Term Not to Exceed 4 Yrs)

**Annc#:** AF 00-139

**Close:** Feb. 11

**Location:** Travis AFB, CA

**Agency:** Air Force

**POC:** (661) 277-3840

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Air Transportation Operations Spec, GS-2150-12 (Term Not to Exceed 4 Yrs)

**Annc#:** AF 00-138

**Close:** Feb. 11

**Location:** Travis AFB, CA

**Agency:** Air Force

**POC:** (661) 277-3840

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Personnel Management Specialist, GS-201-11

**Annc#:** MSPH-SFR-00-05

**Close:** Feb. 11

**Location:** San Francisco, CA

**Agency:** Dept of Justice

**POC:** (415) 844-5110

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Painter, BB-4102-00 (\$26.23)

**Annc#:** BOR-MP-00-011

**Close:** Feb. 29

**Location:** Redding, CA

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the

announcement and contact the agency for KSA's and/or additional information.

**Position:** Irrigation Systems Mechanic Helper, BB-5318-00 (\$16.49 - \$18.49)

**Annc#:** MP-00-16

**Close:** Feb. 28

**Location:** Firant Dam, CA (Near Fresno)

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Position:** Irrigation Systems Mechanic, BB-5318-00 (\$27.40)

**Annc#:** MP-00-26

**Close:** Feb. 28

**Location:** Firant Dam, CA (Near Fresno)

**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

**Non Federal**

**Position:** Precision Electronics Specialist

**Salary:** \$3,684 - \$4,264 per month

**Close:** Feb. 18

**Location:** Positions in Sacramento

**Agency:** State of California

**POC:** (916) 324-5039

**Remarks:** Copies of the vacancy announcement and the State Application are available in the FOCUS Center. Review the announcement and contact the Agency for additional information.

**Position:** Research Writer

**Salary:** \$3,764 - \$4,576

**Close:** March 2

**Location:** Spot for Exam, Sacramento

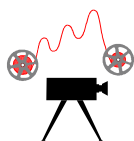
**Agency:** State of CA

**POC:** (916) 653-4838

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for additional information. You must apply in person for this Exam on March 2.

**THE CALIFORNIA DEPARTMENT OF MOTOR VEHICLES MAY OWE YOU MONEY**

If you've registered an out-of-state vehicle in California and had to pay a \$300 smog impact fee, you can apply for a full refund of that fee. All claims submitted, however, will be held until final legislative decisions are made. Applications are available at local Department of Motor Vehicle offices, at [www.dmv.ca.gov](http://www.dmv.ca.gov), or by calling toll free, 1-877-SMOG FEE.



## Movies

Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.

### Dogma - Friday

*Starring: Matt Damon, Ben Affleck*

Dogma unfolds the fiercely funny adventures of a group of mortal human beings and surreal supernatural beings as they make a pilgrimage to New Jersey to stop the accidental apocalypse any which way they can. (R)

### Toystory 2 - Saturday -- 4 p.m.

*Animation*

In Toystory 2, the fun and adventure continues when Andy goes off to summer camp and the toys are left to their own devices. Things shift into high gear when an obsessive toy collector kidnaps Woody, who unbeknownst to himself, is a highly valued collectable. (G)

### Man on the Moon - Saturday

*Starring: Jim Carey, J. Alan Thomas*

Man on the Moon is a biographical movie on the late comedian Andy Kaufman, an eccentric comedian who went onto enjoy a career as a lovable foreign car mechanic. (R - language, sexuality and nudity)

### Anna and the King - Sunday

*Starring: Jodie Foster, Show Yun-Fat*

English school teacher Anna has traveled thousands of miles to a land that is largely unknown to the western world, Siam. She brings with her an "East vs. West" prejudice but over time discovers that the king is a man of vision, leading Siam to take its place among the modern world. (PG-13 - some violence)

## Youth Center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo aerobics, 6:15-7:15 p.m., ages 11 and up, free.

■ **Friday:** Open recreation, 2-6 p.m.; open snack bar 2-6 p.m.; open gym, 2-6 p.m.; Valentine Dance, ages 9-11, 6:30-10 p.m., members \$2, nonmembers \$4.

■ **Saturday:** Open recreation and snack bar from noon to 5 p.m. Basketball games begin at 10 a.m.

■ **Sunday:** Closed

■ **Monday:** Open gym, recreation and snack bar, 2-6 p.m.

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-6 p.m.; beginning dance lessons, 5:30-6:30 p.m.

# Child Safety Seat Inspections

Sunday through Feb. 19 is National Child Passenger Safety Week. The following agencies are offering child safety seat inspections:

- Roseville Fire Dept. Saturday, 10 a.m. to 1 p.m.
- Folsom Fire Dept. Tuesday, 11 a.m. to 1 p.m.
- Eldorado Hills Fire Dept. Feb. 17, 11 a.m. to 1 p.m.
- Roseville Fire Dept.

## FOR MORE INFORMATION

For a brochure, visit the child development center, pediatric clinic, youth center or visit [www.buckleupbaby.org](http://www.buckleupbaby.org)

March 3, 2-4 p.m.

The National Highway Traffic Safety Administration data shows that four out of five car seats are installed incorrectly. Therefore, it is recommended that you get your child safety seat inspected!

For more information on child safety seats, call Capt. Donna Smith at the Health and Wellness Center, 643-4648.

# Staying "FIT" proves positive

By Tony Schmidt

Public Affairs

Every new year we make resolutions to get in shape and start an exercise program. But often just starting a program can prove to be the most challenging.

Heavy work schedules, family commitments and other activities often do not leave enough time to exercise. Finding that time can benefit your physical and mental wellness.

However, before you start any exercise program, consult your physician.

When preparing for an exercise program think F.I.T.

**F**requency: Frequency refers to how many work-out sessions you have per week.

**I**ntensity: Intensity is how hard you work-out. For running, this refers to how fast you run each session.

**T**ime: Time refers to how long your work-out lasts.

According to the American College of Sports Medicine, exercising three to five

times per week (frequency) with a training heart rate of 60-85 percent of your maximum (intensity) for 20-60 minutes per session will attain cardiovascular benefits.

Getting in shape is a lifestyle change, starting slowly is very important. Too much, too soon will lead to muscle soreness, injuries, and loss of motivation.

Here are several ways to keep motivated while starting a program.

**Find a partner:** Two-thirds of those who begin an exercise program, lose interest in it within the first year.

Finding a tennis partner, walking partner or rollerblading with the kids will inspire you to stick with it.

**Start a Journal:** Writing down your progress is an excellent way to keep motivated. Nothing feels better than looking back and seeing how far you have progressed.

**Dress the Part:** Wearing well-fitting, comfortable clothes and shoes will show yourself and others you have made the commitment to wellness.

Deciding to get in shape is a wise one, but keeping this year's resolution could be the best gift you could give to you and your family.

## NO VETERINARIAN SERVICES OFFERED AT McCLELLAN

McClellan Air Force Base will no longer host veterinarian services for pets. If pets are in need of veterinarian care from military vet services, appointments may be made at the Travis AFB vet clinic at 1-707-424-3010 or the Beale AFB vet clinic at 1-530-634-2104.

# Secretary of Defense helps protect military against Anthrax

**Commentary by William S. Cohen**  
Secretary of Defense

**WASHINGTON** — One of the clearest responsibilities of any secretary of defense is to protect the men and women the United States deploys in harm's way around the world to safeguard our national interests. That is why I, acting on the advice of the Joint Chiefs of Staff, decided to start vaccinating every member of the military against exposure to Anthrax, a highly lethal biological agent that at least 10 countries possess in their arsenals or are in the process of acquiring.

In 1996, the Joint Chiefs of Staff identified Anthrax as the number one biological threat to our troops. After the Gulf War, United Nations inspectors confirmed that Iraq had produced thousands of gallons of Anthrax and deployed it in missile warheads, artillery shells and spray tanks for use from airplanes. When dispersed in aerosol form, the colorless, odorless bacteria covers a wide area and kills people within several days of inhalation. In 1979, approximately 70 Russians died after breathing Anthrax spores that escaped from a Soviet biological research facility. Although Anthrax is highly deadly, we have developed protective equipment and medicines to secure the safety of our troops. In 1970, the Food and Drug Administration licensed a vaccine to protect humans who might be exposed to Anthrax. This

**FOR INFORMATION**

For more information about Anthrax and what the military is doing to protect its members, visit:

[http://  
www.anthrax.osd.mil](http://www.anthrax.osd.mil)

vaccine has a proven safety record over 30 years of use by thousands of veterans, woolworkers and veterinarians. Protective gear provides only temporary protection, while the vaccine constantly protects troops who might breathe Anthrax spores spread on the battlefield.

The Joint Chiefs recommended mandatory Anthrax vaccination for all 2.4 million active and reserve members of our military, with the first shots going to troops in or scheduled to go to the Middle East and Korea. I supported the recommendation of our military leaders. But before launching the vaccination program, I took steps to make sure that we were prepared. Complaints that the Department of Defense mishandled exposure to Agent Orange and the illnesses suffered by some veterans following the Gulf War in 1991 damaged the military's credibil-

ity on medical issues. We have worked hard to correct and learn from these experiences, and one of the lessons is that our medical programs to protect soldiers in battle must be planned and implemented with an emphasis on safety.

As a result, I decided to delay vaccinations until four conditions were met. First, I ordered supplemental testing, consistent with FDA standards, to assure that the vaccine supplies are sterile, safe, potent and pure. Second, I instructed the services to design a system that accurately tracks personnel who received the six shots required in the vaccination program. Third, I required the services to develop plans for educating people about the program and administering the immunizations. Finally, I ordered an independent review of the health and medical protocols of the program. This was performed by Dr. Gerald Burrow, the highly respected former dean of the Yale Medical School, who assisted the Presidential Advisory Committee on Gulf War Veterans' Illnesses. The four conditions were met in 1998.

The military does not want to lose a single member because of his or her concerns over this program. But most of all, we don't want to run the risk of losing thousands of men and women in uniform from an Anthrax attack for which we are unprepared. The threat is real, and we are carrying out a prudent, safe program to counter the dangers our troops face. (AFPN)

## SWAP MEET

### For sale

**Truck** -- 97 Mazda B2300 ext cab pick-up, 5-spd, bed liner, alarm and more. Exc. cond, warranty. Must Sell! Asking \$11,500/obo. Call 643-8520 days, (707) 455-8566 evenings.

**Motorcycle** -- 98 Yamaha YZF 600R, 3.6K miles, Retail \$6,240, Sell \$5,750, Extras: shoei helmet, jacket, gloves, etc. Just had warranty check. Call 643-5053 or 564-5558.

**Motorcycle** -- 96 Kawasaki KX 125, Retail \$2,650, Sell \$2,500. New top end, new clutch frame powder coated, new goggles and answer helmet. Call 643-5053 or 564-5558.

### Miscellaneous

**Refrigerator** -- Kenmore 21.6 frostless,

soft touch handles, adjustable deep-door storage, tempered glass shelves, water and ice hook-up. Like new, \$400 (overseas PCS—must sell). Call 331-6823 evenings.

**Router Table** -- Sears Craftsman Heavy Duty-Deluxe Model. Sell's for \$120 when "on sale" at Sears; selling for \$80! Call 1-530-823-9465.

**Editor's note:** Swap ads are a free, space-available-only service for military members, civil service employees, retirees and associated family members possessing current ID cards. The ads must be for the personal use of the card holder. Drop off ads at Bldg. 200, room

125. Swap ads will not be published without a signature. The deadline is noon, Wednesday for possible publication in the following Thursday's issue. Only one Swap ad per household per week, up to 50 words, may be submitted.

However, the ad can apply to more than one category, such as items wanted/trade, vehicles, furniture and yard sales.

Spacemaker reserves the right to edit. No ads for money-making businesses, including daycare, or the sale of firearms or firearm accessories will be accepted.

To run a swap ad again, it must be resubmitted. For more information, call the Spacemaker at 643-6100.